



County of San Diego

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January 26, 2018

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – FEBRUARY 2018

1. ACTION ITEM(S): none

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 Point in Time Count

On Friday, January 26, 2018, many BHS employees were up well before sunrise volunteering for San Diego's Point in Time Count. This community effort engages over 1,500 volunteers who count and interview our county's homeless population. The information gathered is used to help produce an estimate of individuals living unsheltered in the county and helps the community develop lasting solutions in the ongoing effort to end homelessness.

2.2 Project Homeless Connect

The San Diego Housing Commission will host the 12th *Project Homeless Connect* event on Wednesday, January 31, 2018 with participation from BHS staff. The event will be held at Golden Hall, downtown, and serve as a resource fair for homeless San Diegans. Services include connections to permanent housing opportunities, health screenings, flu and Hep-A vaccinations, dental exams, haircuts, legal aid, pet care and other services.

2.3 Save the Dates- Upcoming Events

- **HHSA Wellness Expo at the NAMI 5K Walk/Run**

BHS is collaborating again this year with the National Alliance on Mental Illness (NAMI) for an event that features a 5K Walk/Run and resource fair. The annual event will be held on Saturday, April 28, 2018, and is designed to raise awareness and destigmatize mental health conditions.

- **Behavioral Health Recognition Dinner**

Friday, June 1, 2018, has been set as the date for the annual Behavioral Health Recognition Dinner. The event brings the behavioral health community together to recognize people who work to support consumers and family members in their efforts to achieve recovery without stigma.

3. UPDATE FROM THE PREVENTION AND PLANNING UNIT (PPU)

3.1 California Opioid Policy Summit

Nearly 300 multi-disciplinary professionals from across the state participated in the California Opioid Policy Summit on November 8-9, 2017, at the Catamaran Hotel in San Diego. The Summit was organized by the Prescription Drug Abuse Task Force (PDATF) and the California Department of Public Health, who also provided financial support, as did the California Health Care Foundation. Keynote speakers included Dr. Karen Smith, MD, MPH, Director and State Public Health Officer and Dr. Kelly Pfeifer, MD, California Health Care Foundation.

The Summit included panels that addressed both state and local challenges and initiatives from various perspectives. There were also a variety of multi-sector breakout sessions designed for law enforcement, treatment, and prevention professionals that focused on policy, the strategic use of available data and how to keep the public informed by using the media. The Summit concluded with regional discussion groups designed to develop ideas and direction for the coming year. A number of key ideas among the discussion groups included;

- Expanding drug treatment and the availability of medication assisted treatment services;
- Expanding the availability of naloxone and other opioid reversal medications to prevent drug overdoses;
- Reinstating school based prevention;
- Working with healthcare providers and health plans to utilize recommendations for safer prescribing practices;
- Increasing utilization of CURES when medicines are prescribed; and
- Developing a statewide safe drug disposal system.

3.2 Resiliency Film Screening

In support of HHSA North Coastal and North Inland regions, the BHS Prevention and Planning Unit is helping facilitate table discussions at a film screening at California State University San Marcos on January 29, 2018, showing *Resilience: The Biology of Stress & The Science of Hope*. In partnership with the San Diego Foundation, HHSA and CSU San Marcos are hosting the event which will feature a resource fair, discussion, and question & answer period. PPU staff will help lead the discussion with attendees as they explore how addressing stress and promoting resilience in individual's lives can positively impact health and well-being. BHS Clinicians from the Pathways to Well-Being team will also be on hand to work through any issues triggered by the screening. The event is expected to draw 200 attendees and is intended for school-based leaders, city and county policy makers, law enforcement professionals and parents.

3.3 Suicide Prevention Council

Community Health Improvement Partners (CHIP) is the contractor who facilitates the San Diego County Suicide Prevention Council (SPC). One of the key components of their services is to conduct Applied Suicide Intervention Skills Trainings (ASIST) in the community. ASIST is a two-day workshop in suicide first-aid and teaches participants to recognize when someone may have thoughts of suicide and work with them to create a

plan that will support their immediate safety. In August 2017, SPC trained 26 participants and 60 attendees are scheduled for two training sessions in January/February. For information about future ASIST trainings, please contact Julius Alejandro at jalejandro@sdchip.org or 858-609-7976.

CHIP staff have been working with Behavioral Health Services to finalize the 2018 Suicide Prevention Action Plan (SPAP) for release to the community in Winter 2018. SPC will conduct a series of community meetings to acquire public input on implementing strategies highlighted in the updated SPAP. The strategies of focus for the first year of implementation will be media, integrated services, and coping & connectedness. For more information please contact Lora Cayan 858-609-7971, or visit www.spcsandiego.org.

3.4 REACH2

Resources for Enhancing Alzheimer Caregiver Health 2 (REACH2) is a countywide multi-model Prevention and Early Intervention program. Administered through the Southern Caregivers Resource Center (SCRC), the program supports caregivers of Alzheimer's disease and other dementia clients. REACH2 prevention services include community education programs related to Alzheimer's disease and related dementias, dementia warning signs, caring for the caregiver, understanding difficult behaviors, and disseminating resource material throughout the county. Peer support staff (also known as Promotoras) with lived caregiving experience provide: outreach to help recruit program participants; prevention services to help inform community contacts about REACH2 and resources for caregivers; and educational support during the caregiver's participation.

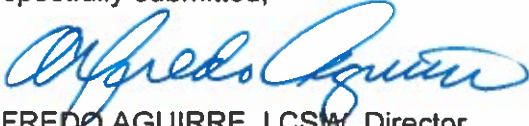
SCRC has engaged caregivers through concentrated outreach and awareness in the County threshold languages of Spanish, Vietnamese, Tagalog, and Arabic. SCRC has been successful in establishing classroom education through their community partners including Norman Park Senior Center, San Diego Pace, San Martin de Porres Apartments, El Cajon Public Library, Spring Valley Public Library, Memorial Senior Center, Mercado Apartments, Malcolm X Library, Encinitas Library, Vista Library, and North County Health Services. SCRC concluded Fiscal Year 2016-17 by serving 302 caregivers in the REACH curriculum and providing 398 mental health assessments to caregivers.

3.5 Union of Pan Asian Communities (UPAC), Alliance for Community Empowerment (ACE) Program

On February 8th-9th, 2018, the Union of Pan Asian Communities, Alliance for Community Empowerment Program will provide a 2-day knowledge building training developed for anyone that works with or volunteers their time to work with individuals, families and the community after an incident of community violence has occurred. This training will include a diverse mix of speakers and panelists, each with a unique perspective on the issue of community violence and effective responses. Speakers include: law enforcement and mental health professionals, victims of community violence, and parents who have lost children to an act of community violence. Dana Brown, facilitator for the ACEs Connection will provide information regarding Adverse Childhood Experiences (ACEs), a local study that found two-thirds of the 17,337 adult respondents to have experienced one or more kinds of trauma as a child, which can result in serious

health conditions and behavior problems as adults. The capacity for this training event is 100 attendees.

Respectfully submitted,



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AA:bp

cc: Nick Macchione, MS, MPH, FACHE, HHSA Director
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